

Corned Beef and Cabbage with Horseradish Sauce

Ingredients

4 pounds Corned Beef Brisket
3 large carrots, cut into chunks
6 small onions, roughly chopped
1 teaspoon powdered English mustard
1 large sprig of fresh thyme
Palmful of fresh flat-leaf parsley
1 head of cabbage , roughly chopped
Salt and pepper to taste

Method

Put the beef into a large pot with carrots, onions, mustard powder and herbs. Cover with *cold* water; bring to a boil and then let simmer over low heat for 1 hour. *Don't forget to skim fat every once and awhile.* Add cabbage to pot. Cook for another 1 to 2 hours until vegetables are tender or TDC (to desired consistency).

When you are happy with the tenderness of beef , pull out and let rest for 15 minutes. Slice into desired thickness and serve with vegetables.

Horseradish Sauce

Ingredients

1/2 pint whipping cream
2 Tablespoons prepared Horseradish

Method

Whip cream until it stands in peaks. Fold in horseradish.

Split Pea and Ham-hock Soup

Ingredients

2 tablespoons olive oil
1 onion, finely chopped
3 stalks celery, chopped
2 potatoes, peeled and cubed
2 carrots, peeled and chopped
1 1/2 cups green split peas
1 ham hock, skin and rind removed and trimmed of fat
2 chicken stock cubes
1 liters of water

Method

Heat oil in a stock pot. Add onion and celery , cook for 2 minutes. Add carrots, potatoes, split peas, ham hock and chicken stock cubes mixed with 2 liters of water.

Bring to a boil, reduce heat and simmer for 1 hour or until veggies are cooked and ham hock is tender. Remove pan from heat. Remove ham hock and allow it to cool.

Cut meat from bone and shred finely.

Blend the soup until smooth in a blender or with a hand mixer.

Bring soup up to a boil slowly. Then simmer, add shredded ham .

Serve with crusty bread and butter.

Strawberry Scones

Ingredients

1 cup strawberries
2 1/2 cups AP (all purpose) flour - unsifted
3 tablespoons sugar
2 teaspoons baking powder
1/4 teaspoon salt
6 tablespoon butter
2/3 cup whole milk

Method

Preheat oven to 425 degrees.

Cut strawberries into 1/2 inch pieces- set aside. In a large bowl mix together flour, sugar, baking powder, and salt.

Add butter. with pastry blender or 2 knives cut in butter until mixture resembles course crumbles.

Stir in reserved strawberries and toss well with mixture.

Add milk all at once tossing with a fork until it all hold together.

With floured hands gently form into a 2 oz portioned balls.

Place on a greased cookie sheet

Bake for 12 minutes or until golden brown. Serve warm with whipped cream

Irish Pancakes with Golden Syrup Traditional Method

Ingredients

8 ounces of Cream Flour
2 eggs
Pinch of Salt
1 pint of whole milk
Golden Syrup to Serve

Method

Sieve flour and salt into a bowl

Make a well and drop in egg , slowly beat in milk.

Allow to stand a few hours before cooking.

Stir again before frying.

To Fry: On a hot and oiled pan, pour a thin coat of batter , when top begins to bubble, flip over.

Fry until golden brown on both sides , Serve immediately with Golden Syrup and fresh fruit.